



Can you 'Trump-proof' NATO? As Biden falters, Europeans look to safeguard the military alliance

By ELLEN KNICKMEYER

Associated Press

WASHINGTON (AP) — Growing skepticism about President Joe Biden's reelection chances has European leaders heading to the NATO summit in Washington confronting the prospect that the military alliance's most prominent critic, Donald Trump, may return to power over its mightiest military.

NATO — made up of 32 European and North American allies committed to defending one another from armed attack — will stress strength through solidarity as it celebrates its 75th anniversary during the summit starting Tuesday. Event host Biden, who pulled allies into a global network to help Ukraine fight off Russia's invasion, has called the alliance the most unified it has ever been.



NATO Secretary General Jens Stoltenberg, right, speaks with President Joe Biden during a NATO summit in Vilnius, Lithuania, July 12, 2023.

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Associated Press

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Hawaii governor says Biden could decide within days whether to remain in the presidential race

By **MARK THIESSEN**
Associated Press

President Joe Biden could make a decision within days whether to remain a candidate for reelection, said Hawaii's governor who participated in a recent meeting with Biden and other Democratic governors and whose family has known the president for years.

And if Biden decides not to run, Hawaii Gov. Josh Green told The Associated Press on Saturday that he believes the president will designate Vice President Kamala Harris to replace him on the ticket.

"I think the president stays in this race unless he feels that it is not winnable, or he feels that he has to hear other voices in his inner circle that



President Joe Biden and first lady Jill Biden walk with Hawaii Gov. Josh Green, second from left, and his wife Jaime Green as they pass the massive Banyan tree while visiting areas devastated by the Maui wildfires, Aug. 21, 2023, in Lahaina, Hawaii.

he shouldn't run," Green said. "If the president felt that he wasn't up to it and truly not up to it, he would step down.

"We'll probably know in the next couple of days how the president feels about all this," he said.

Biden has repeatedly insist-

Associated Press

ed that he will remain in the race against his likely Republican opponent, former President Donald Trump. But questions about Biden's mental acuity have swirled since his disastrous debate performance last month. As some of his fellow Democrats have encouraged Biden to exit the campaign, the president has pointed to support from other elected officials in the party, particularly governors.

Green, who was a physician on Hawaii's Big Island before he was elected governor, said everyone has parents or grandparents who have moments that aren't that great or pauses in their ability to express themselves clearly. But, he added, they aren't discarded because of their experience, wisdom and their role in the family.

"That's why I'm standing by the president until he tells me otherwise," said Green. Green said the timeline of a few days for a decision anticipates pressure that might be placed on Biden after members of Congress return this week to Capitol Hill.

"I really, honestly think that he has to make the decision. And it should not come from another governor. It should not come from anyone but the closest, closest advisers to him and his own heart," Green said.

Green was quick to point out that Trump is only three years younger than Biden and both will have bad days going forward. But he

argued that temperament is more important than age. "For God's sake, these two guys have to hold the nuclear codes," Green said. "I don't want someone who tweets in the middle of the night and rages at other countries. That is not good. That's not the problem we have with President Biden." If Biden were to leave the campaign, Green said the president should be allowed to say who he thinks should replace him on the ticket.

"I think it's very clear that the Democratic Party would be ecstatic overall to have the president designate his vice president if it came to that," Green said.

Harris "is a powerful person, she is also a thought-leading woman, she's an African American who was (California's) attorney general," Green said. "There are no credentials that are better than what the current vice president has."

Green, whose wife's uncle was Biden's college roommate, also provided insight into last week's meeting that governors had with the president. During the meeting, Green asked Biden about his health. Biden responded by saying everything was fine except for his brain.

Green told the AP that the president was joking, and that context was lost when leaked by other people.

"It was absolutely a joke, and in order to make a self-deprecating joke, you have to have intact cognitive function, period," Green said.

He also discounted any assertion that advisers crafted the meeting to have governors supportive of Biden speak first to quell any dissent. Instead, he said it was a very candid, unscripted conversation with 25 governors with differing opinions. "That call had just like you'd expect in a coffee shop, a few people mouthed off, a few people, you know, probably excessively praised the president, but almost everybody was just trying to see, 'Are we OK?'" Green said. □

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Can you 'Trump-proof' NATO? As Biden falters, Europeans look to safeguard the military alliance

Continued from Front

But behind the scenes, a dominant topic will be preparing for possible division, as the power of far-right forces unfriendly to NATO grows in the U.S. and other countries, including France, raising concerns about how strong support will stay for the alliance and the military aid that its members send to Ukraine. At the presidential debate, Biden asked Trump: "You're going to stay in NATO or you're going to pull out of NATO?" Trump tilted his head in a shrug.

Biden's poor debate performance set off a frenzy about whether the 81-year-old president is fit for office or should step aside as the Democratic presidential candidate.

Even before the debate, European governments were deep in consultations on what they could do to ensure that NATO, Western support for Ukraine and the security of individual NATO countries will endure should Trump win back the presidency in November and temper U.S. contributions. Some Americans and Europeans call it "Trump-proofing" NATO — or "future-proofing" it when the political advances of far-right political blocs in Europe are factored in. This week's summit, held in the city where the mutual-defense alliance was founded in 1949, was once expected to be a celebration of NATO's endurance. Now, a European official said, it looks "gloomy."

There are two reasons for the gloom: Russian advances on the battlefield in the months that Trump-allied congressional Republicans delayed U.S. arms and funding to Ukraine. And the possibility of far-right governments un-



President Donald Trump speaks during the NATO summit, Dec. 4, 2019, in Watford, England.

Associated Press

friendly to NATO coming to power.

The official spoke to reporters last week on condition of anonymity to discuss private conversations among governments.

Rachel Rizzo, a senior fellow on NATO with the nonpartisan think tank the Atlantic Council, says she has a blunt message for Europeans: "Freaking out about a second Trump term helps no one."

For allies at the summit, she said, the key will be resisting the temptation to dwell on the details of unprecedented events in U.S. politics and put their heads down on readying Western military aid for Ukraine and preparing for any lessening of U.S. support.

Trump, who before and after his presidency has spoken admiringly of Russian President Vladimir Putin and harshly of NATO, often focuses his complaints on the U.S. share of the alliance's costs. Biden himself, as a U.S. senator in 1997, warned that if

there were any sense other NATO allies were "taking the United States for suckers, the future of the alliance in the next century will be very much in doubt."

The 1991 collapse of the Soviet Union lulled the West into thinking the Russian threat had been neutralized, leading to military spending cuts. Now, NATO allies are bolstering their forces against any wider aggression by Putin, and a record 23 nations in NATO are meeting defense-spending goals.

One of Trump's former national security advisers, John Bolton, says Trump in a second term would work to get the U.S. out of NATO. Congress passed legislation last year making that harder, but a president could simply stop collaborating in some or all of NATO's missions.

Trump's campaign did not immediately respond to an email seeking comment.

Elections in France saw a NATO-adverse far-right party under Marine Le Pen greatly increase the number of seats

it holds in parliament. Far-right forces also are gaining in Germany.

Some European officials and analysts say that's simply the rise and fall of voter allegiance in democracies, which NATO has dealt with before. They point to Poland, where a right-wing party lost power last year and whose people have been among NATO's most ardent supporters. They also note Italy, where right-wing populist Prime Minister Giorgia Meloni has won praise as an ally. In part in response to the United States' political upheaval, Europeans say they want to "institutionalize" support for Ukraine within NATO, lessening the dependence on the U.S.

European allies also failed to get enough weapons to Ukraine during the delay in a U.S. foreign aid package, outgoing NATO Secretary-General Jens Stoltenberg acknowledged in a visit to Washington last month. That's "one of the reasons why I believe that we should

have a stronger NATO role — is that role in providing the support," Stoltenberg told reporters.

An initiative likely to be endorsed at the summit is NATO taking more responsibility for coordinating training and military and financial assistance for Ukraine's forces, instead of the U.S. Europeans also are talking of giving Ukrainians a greater presence within NATO bodies, though there's no consensus yet on Ukraine joining the alliance. Europeans say NATO countries are coordinating statements on Ukraine for the summit to make clear, for example, that additional Russian escalation would trigger substantial new sanctions and other penalties from the West. That's even if the U.S., under Trump, doesn't act.

As for NATO security overall, besides European allies upping defense spending, they're huddling on defense strategies that don't rely as much on the U.S. There's also growing emphasis on ensuring each country is capable of fielding armies and fighting wars, the European official said.

The possibility of a less dependable U.S. partner under Trump is generating discussions about Europeans playing a bigger role in NATO's nuclear deterrence, according to the Poland-based Centre for Eastern Studies, a security think tank. The U.S. now plays the determinative role in the nuclear weapons stationed in Europe.

"If an American president comes into office and says, 'We're done with that,' there is definitely will in Europe to backfill the American role," said John Deni, a senior fellow on security at the Atlantic Council. "The Brits would jump on it." □

Persistent heat wave in the U.S. shatters new records, causes deaths in the West and grips the East

By **CHRISTOPHER WEBER**
and **MARGERY A. BECK**
Associated Press

LOS ANGELES (AP) — A long-running heat wave that has already shattered previous records across the U.S. persisted on Sunday, baking parts of the West with dangerous temperatures that caused the death of a motorcyclist in Death Valley and held the East in its hot and humid grip.

An excessive heat warning — the National Weather Service's highest alert — was in effect for about 36 million people Sunday, or about 10% of the population, said NWS meteorologist Bryan Jackson. Dozens of locations in the West and Pacific Northwest tied or broke previous heat records.

That was certainly the case over the weekend: Many areas in Northern California surpassed 110 degrees (43.3 C), with the city of Redding topping out at a record 119 (48.3 C). Phoenix set a new daily record Sunday for the warmest low temperature: it never got below 92 F (33.3 C).

A high temperature of 128 F (53.3 C) was recorded Saturday and Sunday at Death Valley National Park in eastern California, where a visitor died Saturday from heat exposure and another person was hospitalized, officials said.



A woman takes a photo of a thermostat reading 126 degrees Fahrenheit and 52 degrees Celsius at the Furnace Creek Visitors Center in Death Valley National Park, Calif., Sunday, July 7, 2024.

Associated Press

The two visitors were part of a group of six motorcyclists riding through the Badwater Basin area amid scorching weather, the park said in a statement.

The person who died was not identified. The other motorcyclist was transported to a Las Vegas hospital for "severe heat illness," the statement said.

The other four members of the party were treated at the scene.

Park officials warned that heat illness and injury are cumulative and can build over the course of a day or days.

"High heat like this can

pose real threats to your health," said park Superintendent Mike Reynolds.

"Besides not being able to cool down while riding due to high ambient air temperatures, experiencing Death Valley by motorcycle when it is this hot is further challenged by the necessary heavy safety gear worn to reduce injuries during an accident," the statement said.

The soaring temperatures didn't faze Chris Kinsel, a Death Valley visitor who said it was "like Christmas day for me" to be there on a record-breaking day. Kinsel said he and his wife typi-

cally come to the park during the winter, when it's still plenty warm — but that's nothing compared with being at one of the hottest places on Earth in July.

"Death Valley during the summer has always been a bucket list thing for me. For most of my life, I've wanted to come out here in summertime," said Kinsel, who was visiting Death Valley's Badwater Basin area from Las Vegas.

Kinsel said he planned to go to the park's visitor center to have his photo taken next to the digital sign displaying the current temperature.

Across the desert in Nevada, Natasha Ivory took four of her eight children to a water park in Mount Charleston, outside Las Vegas, which on Sunday set a record high of 119 F (48.3 C).

"They're having a ball," Ivory told Fox5 Vegas said. "I'm going to get wet too. It's too hot not to."

Jill Workman Anderson also was at Mount Charleston, taking her dog for a short hike and enjoying the view. "We can look out and see the desert," she said. "It was also 30 degrees cooler than northwest Las Vegas, where we live."

Triple-digit temperatures were common across Oregon, where several records were toppled — including in Salem, where on Sunday it hit 103 F (39.4 C), topping the 99 F (37.2 C) mark set in 1960. On the more-humid East Coast, temperatures above 100 degrees were widespread, though no excessive heat advisories were in effect for Sunday.

"Drink plenty of fluids, stay in an air-conditioned room, stay out of the sun, and check up on relatives and neighbors," read a weather service advisory for the Baltimore area. "Young children and pets should never be left unattended in vehicles under any circumstances."

Heat records shattered across the Southwest.

Judge declines to throw out charges against Trump valet in classified documents case

WASHINGTON (AP) — The federal judge presiding over the classified documents case against Donald Trump refused Saturday to throw out charges against a co-defendant of the former president.

Lawyers for Walt Nauta, Trump's personal valet, had asked U.S. District Judge Aileen Cannon to dismiss the indictment against their client. They argued, among other things, that Nauta was charged because of insufficient cooperation with prosecutors' investigation and because of a personal animus that they say prosecutors harbored against one of Nauta's attorneys.

Special counsel Jack Smith's team has denied all the claims, and Cannon in her four-page order Saturday said Nauta had not met the high bar required to get the case dismissed.

Nauta and another co-defendant, Mar-a-Lago property manager, Carlos De Oliveira, are accused of conspiring with Trump to

conceal evidence from investigators as they sought to recover classified documents that were taken to the Palm Beach, Florida property after Trump's presidency ended. All three men have pleaded not guilty.

No trial date has been set in the case. Trump has also sought to dismiss the case, and Cannon pointedly noted at the conclusion of her order: "This Order shall not be construed as commenting on the merits of Defendant Trump's Motion to Dismiss the



In this image from video provided by the U.S. Senate, Aileen M. Cannon speaks remotely during a Senate Judiciary Committee oversight nomination hearing on July 29, 2020, in Washington.

Associated Press

Indictment Based on Selective and Vindictive Prosecution or on any other motion pending before the Court."

tion or on any other motion pending before the Court."

A Ukrainian drone triggers warehouse explosions in Russia as a war of attrition grinds on

By SAMYA KULLAB

Associated Press

KYIV, Ukraine (AP) — A village in a border region of western Russia was evacuated Sunday following a series of explosions after debris from a downed Ukrainian drone set fire to a nearby warehouse, local officials said.

Social media footage appeared to show rising clouds of black smoke in the Voronezh region while loud explosions could be heard in succession.

Gov. Aleksandr Gusev said that falling wreckage triggered the "detonation of explosive objects." No casualties were reported, but residents of a nearby village in the Podgorensky district were evacuated, he said. Roads were also closed with emergency services, military and government officials working at the scene.

A Ukrainian security official told The Associated Press that a strike had been carried out on a warehouse storing ammunition in the village of Serhiivka in the Voronezh region.

"The enemy stored surface-to-surface and surface-to-air missiles, shells for tanks and artillery, and boxes of cartridges for firearms," said the official, who spoke on condition of anonymity because he was not authorized to give the information to the media. "It is from this warehouse that the occupiers



Partner of British combat medic, volunteer, Peter Fouche, 49 who was killed on June 27 during his work in East Ukraine, mourns during the funeral ceremony on the city's main square in Kyiv, Ukraine, Saturday, July 6, 2024.

Associated Press

supply ammunition to their troops in Ukraine."

The official also said that Ukraine's State Security Service was behind a drone attack on an oil depot in Russia's Krasnodar region the previous day. Russian emergency services had reported that falling drone debris had started a fire at the site, which was successfully extinguished Sunday morning.

Russia's Ministry of Defense did not address either strike in their morning briefing, but said that air defense systems had destroyed a Ukrainian drone over the Belgorod re-

gion. The strikes come after a Ukrainian military spokesperson told AP on Thursday that Kyiv's troops had retreated from a neighborhood on the outskirts of Chasiv Yar, a strategically important town in Ukraine's Donetsk region that has been reduced to rubble under a monthlong Russian assault.

Russian forces have for months tried to grind out gains in Ukraine's industrial east, in an apparent attempt to lock its defenders into a war of attrition. In a joint investigation published Friday, independent Russian news outlets Meduza and

Mediazona reported that Moscow's forces were losing between 200 and 250 soldiers in Ukraine each day. Military analysts say Chasiv Yar's fall could also compromise critical Ukrainian supply routes and put nearby cities in jeopardy, bringing Russia closer to its stated aim of seizing the entire Donetsk region.

Russian strikes have also heavily targeted Ukraine's energy infrastructure. Officials in Kyiv said Saturday that the city had restored two-thirds of its power generation capacity after recent Russian missile attacks

destroyed key power plants. "Colossal work has been carried out," said deputy head of the Kyiv city administration Petro Panteleev. "The city's energy facilities, which were built mainly in the Soviet period, are being modernized and become much more efficient."

Russia sent overnight into Sunday two ballistic missiles and 13 Shahed drones, Ukrainian air force officials said. All were shot down but the officials did not elaborate on the impact of the missiles.

Eight people were killed in Russian attacks across Ukraine in the past day, according to local regional authorities.

Four people were killed in the Kherson region, said Gov. Oleksandr Prokudin, while in Donetsk, Gov. Vadym Filashkin said another two people had been killed in the towns of Niu-York and Ukrainsk. In Dnipropetrovsk, a 65-year-old woman was killed in a Russian attack in the Nikopol district, while a 47-year old man was killed in the Kharkiv region, Governors Serhii Lysak and Oleh Syniehubov said in their respective statements.

Elsewhere in Ukraine, 14 people died after a bus collided with a cargo vehicle, leaving a single survivor, Interior Minister Ihor Klymenko said Saturday evening. The victims included a 6-year-old child. □

A weakened West Africa bloc asks Senegalese leader to try to convince breakaway states to return

By CHINEDU ASADU

Associated Press

ABUJA, Nigeria (AP) — West Africa's divided regional bloc Sunday asked Senegal's President Basirou Diomaye Faye to have a dialogue with the three military junta-led member states to try to reunite the region whose stability has been under threat following their decision to leave the group in January.

At its summit in Nigeria's capital Abuja, the bloc — known as ECOWAS — appointed Faye as its envoy to meet

with Mali, Niger and Burkina Faso, which formed their separate union after their respective coups fractured relations with neighbors.

It was not immediately clear what the terms of the dialogue would be. The Senegalese president, who became Africa's youngest leader after his election victory in March, "has all the credentials required to serve as a facilitator," Omar Alieu Touray, the president of the ECOWAS Commission, said at the summit.

The three coup-hit countries

already said at their summit a day earlier that they have "irrevocably turned their back on ECOWAS." It is the first time in the bloc's nearly 50-year history that it has lost members in such a manner. Analysts viewed Faye's assignment as important during an unprecedented regional crisis. Still, it will most likely "not be fruitful anytime soon" because of regional tensions that remain, said Karim Manuel, an analyst for the Middle East and Africa with the Economist Intelligence Unit. □



Omar Touray, president of the ECOWAS Commission, left, Senegal's President, Basirou Diomaye Faye, center, and Nigeria Minister of Foreign Affairs, Yusuf Tuggar pose for a photo, prior to the start of the ECOWAS meeting, in Abuja, Nigeria, Sunday, July 7, 2024.

Associated Press

Mount Everest's highest camp is littered with frozen garbage, and cleanup is likely to take years

By **BINAJ GURUBACHARYA**
Associated Press
KATHMANDU, Nepal (AP) —

The highest camp on the world's tallest mountain is littered with garbage that is going to take years to clean up, according to a Sherpa who led a team that worked to clear trash and dig up dead bodies frozen for years near Mount Everest's peak. The Nepal government-funded team of soldiers and Sherpas removed 11 tons (24,000 pounds) of garbage, four dead bodies and a skeleton from Everest during this year's climbing season.

Ang Babu Sherpa, who led the team of Sherpas, said there could be as much as 40-50 tons (88,000-110,000 pounds) of garbage still at South Col, the last camp before climbers make their attempt on the summit.

"The garbage left there was mostly old tents, some food packaging and gas cartridges, oxygen bottles, tent packs, and ropes used for climbing and tying up tents," he said, adding that the garbage is in layers and frozen at the 8,000-meter (26,400-foot) altitude where the South Col camp is located. Since the peak was first conquered in 1953, thousands of climbers have scaled it and



This image provided by the Peak Promotion shows the body of a climber that had been frozen for years before it was removed from the Everest region, Nepal, Monday, May 13, 2024.

Associated Press

many have left behind more than just their footprints.

In recent years, a government requirement that climbers bring back their garbage or lose their deposits, along with increased awareness among climbers about the environment, have significantly reduced the amount of garbage left behind. However, that was not the case in earlier decades.

"Most of the garbage is from older expeditions," Ang Babu said.

The Sherpas on the team collected garbage and bodies from the higher-altitude areas, while the soldiers worked at lower levels and the base camp area for weeks during the popular spring climbing season, when weather conditions are more favorable. Ang Babu said the weather was a big challenge for their work in the South Col area, where oxygen levels are about one-third the normal amount, winds can quickly turn to blizzard conditions

and temperatures plunge. "We had to wait for good weather when the sun would melt the ice cover. But waiting a long time in that altitude and conditions is just not possible," he said. "It's difficult to stay for long with the oxygen level very low." Digging out the garbage is also a big task, since it is frozen inside ice and breaking the blocks is not easy. It took two days to dig out one body near the South Col which was frozen in a stand-

ing position deep in the ice, he said. Part way through, the team had to retreat to lower camps because of the deteriorating weather, and then resume after it improved. Another body was much higher up at 8,400 meters (27,720 feet) and it took 18 hours to drag it to Camp 2, where a helicopter picked it up.

The bodies were flown to Tribhuvan University Teaching Hospital in Kathmandu for identification.

Of the 11 tons of garbage removed, three tons of decomposable items were taken to villages near Everest's base and the remaining eight were carried by porters and yaks and then taken by trucks to Kathmandu. There it was sorted for recycling at a facility operated by Agni Ventures, an agency that manages recyclable waste. "The oldest waste we received was from 1957, and that was rechargeable batteries for torch lights," said Sushil Khadga of the agency. Why do climbers leave garbage behind?

"At that high altitude, life is very difficult and oxygen is very low. So climbers and their helpers are more focused on saving themselves," Khadga said. □

U.S. envoy to Japan expresses regret over alleged sex crimes by military personnel in Okinawa



U.S. Ambassador to Japan Rahm Emanuel, right, and Japanese lawmaker Shinjiro Koizumi, left, hold locally sourced cuisine in Minamisoma, Fukushima prefecture, on Japan's northeast coast Saturday, July 6, 2024.

Associated Press

By **MARI YAMAGUCHI**
Associated Press
TOKYO (AP) — U.S. Ambassador to Japan Rahm Emanuel

expressed regret on Saturday for the handling of two cases of sexual assaults allegedly committed by American mili-

tary personnel on Okinawa, which have again stoked resentment of the heavy U.S. troop presence on the strategic island in Japan's far southwest. The issue broke out late last month, triggering an uproar over reports that two American service members had been charged with sexual assaults months earlier. Both cases were first reported in local media in late June. In one arrest made in March, a member of the U.S. Air Force was charged with the kidnapping and sexual assault of a teenager, and while in May a U.S. Marine was arrested on charges of attempted rape resulting in injury. Further details about the alleged victims were not

released. Okinawa police said they did not announce the cases out of privacy considerations related to the victims. The Foreign Ministry, per police decision, also did not notify Okinawa prefectural officials.

The cases are a reminder to many Okinawans of the 1995 rape of a 12-year-old girl by three U.S. service members, which sparked massive protests against the U.S. presence. It led to a 1996 agreement between Tokyo and Washington to close a key U.S. air base, although the plan has been repeatedly delayed due to protests at the site designated for its replacement on another part of the island.

Emanuel said he deeply regretted what happened to the individuals, their families and their community, but fell short of apologizing. "Obviously, you got to let the criminal justice process play out. But that doesn't mean you don't express on a human level your sense of regret."

"We have to do better," he said, adding that the U.S. military's high standards and protocols for education and training of its troops was "just not working." Emanuel said the U.S. may be able to propose measures to improve training and transparency with the public at U.S.-Japan foreign and defense ministers' security talks expected later this month in Tokyo. □

National Park Arikok: Aruba's biggest nature conservation



The National Park Arikok comprises almost 18 % of the island. Its rugged terrain, desert-like hills filled with tall cacti, breathtaking coastline and protected local flora and fauna welcome you to be explored. There are numerous animals to discover, for example the sea turtle who lays his eggs on the park's beaches.

The national park Arikok takes you on a memorable journey of the islands past offering unique geological, cultural and historical sites. These can all be enjoyed and explored either on your own or during guided tours. A wide variety of educational and informative programs and fun activities is available.

Did you know that four of the in total seven species of sea turtle lay their eggs on Aruba's beaches? In the national park, a Least Tern (*Sterna antillarum*) keeps a strict eye on a very special event taking place below on the beach: a majestic Leatherback (*Dermochelys coriacea*) heads back to sea after laying her eggs, while another nest laid 2 months ago by the same female hatches—a very rare occurrence of daytime nesting and hatching. Sea turtles prefer nesting in the cool and dark hours of the night. And hatchlings usually wait for the cue of cooling surface sand before emerging.

Nature Conservation

The protected area of National Park Arikok was of-

ficially established in 2000. Arikok National Park is a 34 square kilometers (7907 acres) of natural area, located at the north-eastern part of Aruba which contains examples of most of the island's flora and fauna against a backdrop of great geological complexity. We are proud to state that approximately 18% of the total land area of Aruba is assigned as a National Park, to protect and preserve the flora, fauna, geology and historical remains present within Arikok National Park.

The Landscape

There is a great geological variety within the park. The main aspects are the rough hills of the volcanic Aruba lava formation, the mysterious rocks of the batholithic quartz-diorite/tonalite, and the limestone rocks from fossilized coral. The two tallest hills on the island are situated within the park. Jamanota hill 188 meters (617 ft) and Arikok hill 176 meters (577 ft), from which the name of the park is derived.

The line of the permanently wind-and-wave beaten North Coast is broken by several bays (boca's). Most of them are small yet impressive inlets at the mouth of dry riverbeds. Some of these bays (boca's) are spectacular sights, adorned with white, sandy beaches and sand dunes, as is the case at Boca Prins and Dos Playa.

Arikok is also home to Conchi, Aruba's most important natural attraction; also

known as The Natural Pool. The journey to the Pool is and adventure by itself and only possible by foot, horse, ATV or 4x4 vehicle.

Cultural and Historical components

There are a number of sites within the park that attest to the history of Aruba. The Caquetío Indians left rock paintings in Cunucu Arikok and Fontein Cave. The bird drawing in the park logo is a copy of one of these historical artistic expressions.

Old plantation (Cunucus) sites tell the story of an active yet challenging agricultural past.

These Cunucus were also residential areas for the few families that worked the land. These families found



ways to survive in the difficult conditions, and were able to erect their homes with materials found in the area. Two of these adobe houses have been restored. Park rangers are learning many of the old building techniques in order to preserve this unique Aruban mud-house. At Cunucu Arikok and near Plantation Prins you can find these adobe houses.

Park Management

For the management of the park, a dedicated foundation "Fundacion Parke Nacional Arikok" (FPNA), known today as the Aruba National Park Foundation was established in July 2003. In February 2017, mangrove and wetland RAMSAR site #198 Spanish Lagoon was annexed to Arikok National Park due to its importance as a feeding and breeding

area for water birds and as a nursery area for a variety of marine organisms. With this addition, the areas under FPNA management increased by 70 hectares while the amount of species of flora and fauna to be conserved to over 250. On December 21st, 2018 (AB 2018 no. 77) Parke Marino Aruba – currently consisting of four marine protected areas (MPAs) – was officially established and subsequently brought under management of FPNA. In 2019 management plans will be established for the new MPAs which include: coral reefs, sea grass beds, mangrove systems, a large diversity of breeding seabirds. Parke Marino Aruba also contains potential shark nursery areas, endangered sea turtle nesting beaches and marine mammal nursery areas. □



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Aruba Tourism Authority honored loyal visitors at Marriott Aruba Surf Club!

The Aruba Tourism Authority recently had the great pleasure of recognizing Goodwill Ambassadors of Aruba. The honorees were respectively honored with a certificate for their years of visits, loyalty, and love for the island of Aruba.

The honorary certification is presented on behalf of the Minister of Tourism as a token of appreciation and to say "Masha Danki" to guests who have visited Aruba 10, 20, or 35 years or more consecutively.



The three levels of honor are as follows:
Distinguished Visitor (10>years consecutively visiting Aruba)
Goodwill Ambassador (20>years consecutively visiting Aruba)
Emerald Ambassador (35>years con-

secutively visiting Aruba)

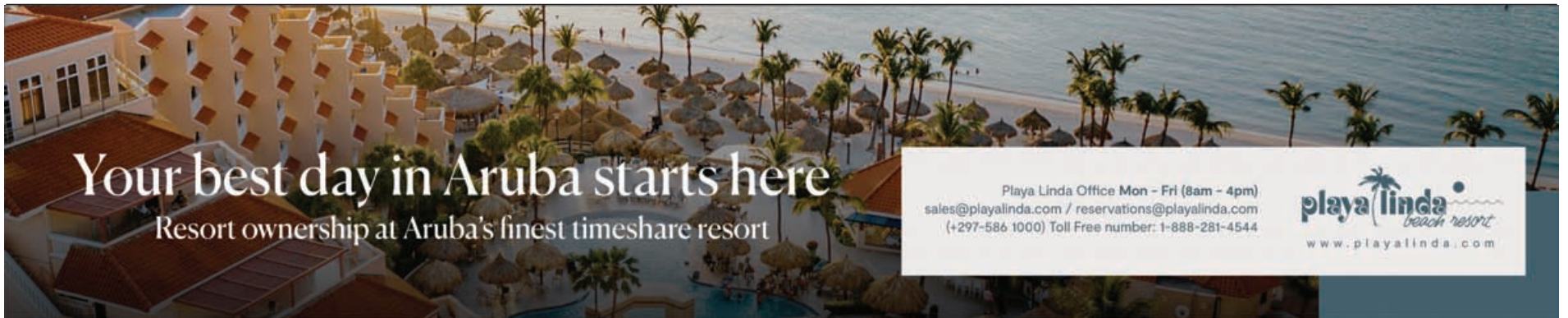
The honorees were:
Goodwill Ambassadors
Mr. Richard & Cynthia Braddock from Bordentown New Jersey, United States.

Mr. Jorgino Willems representing the Aruba Tourism Authority, and staff members of Marriott Aruba Surf Club bestowed the certificate upon the honorees, presented them with gifts, and thanked them for choosing Aruba as their favorite vacation destination, as their home away from home.

The top reasons for returning to Aruba provided by the honorees were:

- Aruba's people.
- Aruba's beaches.
- Aruba's weather.
- Aruba is very safe.
- "Just having family with us makes it better"

On behalf of the Aruba Tourism Authority, we would like to express our sincere gratitude and appreciation to the honorees for their continued visits to the "One Happy Island".



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Aruba Tourism Authority honored loyal visitors at Paradise Beach Villas!

The Aruba Tourism Authority recently had the great pleasure of recognizing Goodwill Ambassadors of Aruba. The honorees were respectively honored with a certificate for their years of visits, loyalty, and love for the island of Aruba.

The honorary certification is presented on behalf of the Minister of Tourism as a token of appreciation and to say "Masha Danki" to guests who have visited Aruba 10, 20, or 35 years or more consecutively.

The three levels of honor are as follows:

Distinguished Visitor (10>years consecutively visiting Aruba)
Goodwill Ambassador (20>years consecutively visiting Aruba)
Emerald Ambassador (35>years consecutively visiting Aruba)

The honorees were:

Goodwill Ambassadors

Mr. Alonso & Mrs. Luz Marina De Los Rios from Bogota, Colombia.

Mr. Jorgino Willems representing the Aruba Tourism Authority, and staff members of Paradise Beach Villas bestowed the certificate upon the honorees, presented them with gifts, and thanked them for choosing Aruba as their favorite vacation destination, as their home away from home.

The top reasons for returning to Aruba provided by the honorees were:

- Aruba's people.
- Aruba's beaches.
- Aruba's beautiful landscapes.
- Aruba's restaurants.

On behalf of the Aruba Tourism Authority, we would like to express our sincere gratitude and appreciation to the honorees for their continued visits to the "One Happy Island". □



Visit the island's hidden natural pools

(Oranjestad)—Amongst the countless beaches surrounding the island that are well-known and frequently visited, there are an additional two "hidden" natural pools that are situated in the northern coast of the island, two ideal stops in your tour itinerary.

Conchi (Natural Pool)

For many years, Conchi was the only natural pool that we had on the island. Located in the Arikok National Park, near Boca Keto and the Daimari Ranch, Conchi—also known "Cura di Turtuga (Turtle's Cove) or just Natural Pool—is reachable with any 4x4 vehicle or by foot if you're up for a long hike. However, since it is part of the National Park, you must first get per-

mission from park management to enter. You would have to purchase a day pass, and receive a wristband as proof of payment. Once you've completed that, you are set!

If you decide to hike from the entrance of the Arikok National Park, this is also possible: do bring plenty of protective clothing and enough water and food—it could take you up to three hours to hike there!

However, when you eventually do get there, you will be greeted with crystal blue water surrounded by a natural rock formation that protects you from the wild waves on the other side. Though the pool is located on the northern side of the island (where the sea is largely rough and largely no suitable for swimming), the pool itself is very calm. It's also relatively deep, and you can climb up the rocks and jump in!

Cave Pool

This relatively new pool appeared just a few years ago, when a part of the dried up coral floor broke off and created a partition between the ocean and what is now the natural pool that is hidden there. Because it's still so new, there is no official name for it, but most people just call it the cave pool.

Just like the Conchi, the new natural pool is situ-



ated on the northern coast of Aruba. However, this pool is much easier to reach with any type of vehicle, and there is no hiking needed. This spot has also become a regular stop for touring visitors.

When you get there, maybe you won't be able to spot the pool immediately, because you will probably notice the moon-shaped lagoon where wild northern waves crash into each other. Sounds scary, but if you look down on your right, you'll see a calm, crystal blue little pool in the corner. To get there, you have to climb down some stairs. Be careful when climbing down and follow the instructions of your tour guide if you have one.

And just like Conchi, this pool also has a jumping spot, and a rope to climb back up the boulder.

Picture of cave pool is credited to RockaBeach Tours



The Aruban Cunukero

From past to present



(Oranjestad)—Aruba's culture consists of rich historical traditions that make up the Aruban identity and lifestyle. However, the life of the cunukero (farmer) is perhaps the most important aspect of our culture, in a sense representing to locals the true essence of the Aruban.

Historically, cunucus (farms) played a huge role in the early social and economic development of Aruba, and its relevance dates back to the early days of the colonization era. Upon being discovered by Spanish conquistadors in the late 15th century, Aruba was used primarily as a ranch, housing horses and cattle brought from Europe. During the Dutch colonization era where the West Indian Company (WIC) dominated the economic sphere on the island, using the land to set up cattle farms and ranches remained popular.

Anthropologist Sidney Mintz divided Caribbean farmers back in four categories:

1. The "squatters", who were mostly comprised

of illegal and poor colonists, runaway slaves and deserters who took advantage of the Spanish's weak supervision on Caribbean islands like Cuba and the DR;

2. Then you have "Early Yeomen", who were legal farmers who came to the west under contract. Once their contract expired, they were given a plot of land for independent use;
3. Proto-Peasants were plantation slaves who were allowed to have a small piece of land to grow food for their own consumption. This was to curb the cost of living on the plantations;
4. Lastly you have the "Runaway Peasant-ries", usually comprised of runaway slaves who acquired farming tools and cattle through secret exchanges with other slaves from different plantations.

However, the Aruban cunukeros back then are hard to place, and their his-

tory may explain why.

From 1636 (beginning of Dutch colonization era) to before the oil industry in 1924, Aruba's population consisted of mostly farmers. These farmers were mostly indigenous and were characterized as peasants. They weren't allowed to participate in trading, but instead were granted a piece of land to live off of. However, in exchange for this grant, these indigenous farmers were obligated to work for the WIC, doing daily tasks such as taking care of or hunting cattle—large majority of which were destined for Curacao, clean water tanks and chop wood, among other things.

As much as these farmers were given to opportunity to live "free" with a plot of land, their exclusion from the trading and business world, as well as being deprived the chance to become real property and cattle owners, made them a unique group among Caribbean farmers at the time.

The WIC placed a lot of restrictions on these indigenous farmers—a method to safeguard their cattle deposit on the island. The indigenous farmers were mostly granted less than 7 acres of land. Those who owned bigger land were either once affiliated with the WIC or were colonists who settled on the island to try their luck at farming. In 1767, there were about 120 houses/cunucus on the island.

These Aruban farmers were also limited to the amount of cattle they could keep. Most kept goats as cattle, as only those who were affiliated with the WIC could keep (more) sheep. Of the 76 goat herders on the island, about 45 of them had less than 30 goats, and only 7 of them had more than 60 goats.

It wasn't until the WIC was defunct in late 18th century that these farmers were able to obtain more freedom as cunukeros. After 1824, the government gave these farmers official permission to keep live-

stock, and the obligations once placed on them were officially discarded.

Because of the dry climate in Aruba, growing food for commercial purposes was not popular. The focus was mainly on cattle herding and taking care of livestock. However, livestock need food to survive, and when Aruba experienced its duper dry climate, many farmers would see a big loss in their livestock, and hence profit.

Although the WIC at one point did try to come up with an initiative to get more people to have land on the island, the climate never really allowed real profit from farming. Because of the climate, Aruban farmers in general could not keep large quantities of livestock. At a certain point toward the end of the 18th century, the climate got so bad that many farmers decided to leave the island for a while.

For this reason, the farming economy on the island remained small. As the years went by and people noticed that these farms could not really produce any sustainable profit, farmers kept their small piece of land just to live off of. This is why the Aruban cunukeros only played a very tiny role into the plantation economy.

In modern Aruba, cunucus and cunukeros still exist on the island, fortunately with more freedom and more opportunity to tap into the agricultural market. These farmers usually sell their produce on a smaller scale, like during farmers' market events and other types of (holiday) events.□

Source: "Arubaans Akkoord: Opstellen over Aruba van voor de komst van de olieindustrie (Aruban Accord: Essays on Aruba Before the Arrival of the Oil Industry)" by Alofs, Luc; Rutgers, Wim; Coomans, Henry E. red.

Aruban legends: Frenchman's Pass

(Oranjestad)—If you ever plan on taking a group tour of the island, you may pass through the Frenchman's Pass in Balashi. The Frenchman's pass (known to locals as "Franse Pas") remains a mysterious—and spooky—road of which its legend is told from generation to generation.

The history of the Frenchman's pass—and how it got its name—dates back to the colonization era, when the French tried to colonize the island, but were met with an angry mob of indigenous settlers, refusing to give up their land. However, as the French were heavily equipped with fire arms, the indigenous settlers began to retreat, and hid away in nearby caves. The French colonizers tried to smoke them out of the caves, but the indigenous settlers ended up inhaling too much smoke and most died in those caves.

From then on, this passage was known as Frenchman's Pass, and there have been many accounts of spirits roaming the area of Spanish Lagoon.

There are many ghost stories surrounding this area, but one of the most famous one involves a lonely hitchhiker, trying to find a ride back home in the dark rainy night.

Sometime after trying to hitchhike, the man saw a car approaching, appearing almost ghost-like in the rain. However, since he needed a ride real bad, he didn't think twice and jumped in. But to his horror, he noticed that there was no driver in the front. Paralyzed with fear, he didn't dare to get out, and the car started to move.

When approaching a sharp turn, the hitch hiker braced for impact, but just



when he thought the car might drive straight off the road and crash, he saw a hand appear out the window and turn the wheel. For the next few turns, the hand appeared again. After having had enough, the man decided to jump out and he ran to Santa Cruz.

Arriving at a nearby bar, he ordered a drink and began to tell everyone about

his experience. Everyone grew quiet, because they realized he wasn't some drunk messing around; he was telling the truth.

Sometime later, two men walked into the bar and one of them noticed the hitchhiker. He called out to his buddy and said: "Look, there's the idiot who sat in our car when we were pushing it!"

French man's pass is one of the few sites on the island that keeps the locals on their toes. While most ghost stories may not have real grounds—or some may even be a set up story for a joke, this pass contributes a lot to our culture of folkloric story-telling. □

Source: visitaruba.com

The Bushiribana Gold Mill Ruins and its history

(Oranjestad)—The Bushiribana Gold Mill Ruins is one of the most visited places by tourists on the island, as it lies along the northern coast line near the mini pool and on the way to the Natural Bridge. Despite its seemingly plain appearance, this ruin represents one of the most important histories of the island: The Aruban Gold Rush.

Built in 1872 by English company Aruba Island Gold Mining Company Ltd, the gold mill at Bushiribana was constructed in the area where most gold was found by locals. The story of gold on Aruba actually dates back to 1725, when a first exploration for gold on the island was commissioned by the Dutch West India Company. Under the leadership of Mr. Paulus Printz, a three-year search was conducted on Aruba, to no avail. Though they found some gold, it was enough to motivate a further search, and the assign-



ment was discontinued by Printz himself.

It wasn't until 100 years later, in 1824, when a young boy found a lump of gold while out herding his father's sheep. His father took it to a local merchant who then sold the lump for \$70.

Unbeknownst to the boy and his father, they quite literally struck gold, and as word got out, a gold fever spread among the locals who started searching for more gold. About 25 pounds worth was found.

At the same time, the Aru-

ban government took immediate actions, and informed Curacao that gold was found. At first, everyone could look for gold, as long as they sold it to the government. However, after some time, the government decided to implement stricter rules and

banned local search parties.

Over the years, concession-holding had seen different companies from around the world, all of which used primitive methods to dig and carve out gold from the rocks. Aruba Island Gold Mining Company Ltd. was no different, but used a unique method that involved grinding the rocks and letting the dust be blown away by the strong northeast wind, leaving clumps of gold behind. The next step was melting the gold and letting it attach to quicksilver in order to obtain pure gold. All these processes were done at the Bushiribana Gold Mill.

The gold mill itself had a short life-span: only 10 years in service, but its structure remained relatively solid till this day, and is now a historical remnant. □

Sources: Etnia Nativa & gold-mineranch.com.

CROSSWORD

By THOMAS JOSEPH

ACROSS

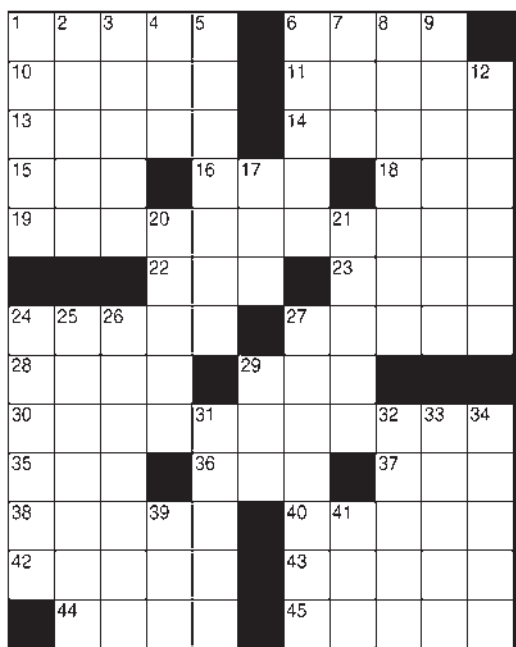
- 1 Alabama site of 1960s marches
6 One of a bear trio
10 Prepare for a game
11 Oscar or Tony
13 Cost
14 Basil-based sauce
15 Inquire
16 Uno plus due
18 Light metal
19 Ship's uppermost level
22 Tie the knot
23 Hold the throne
24 Deadly snake
27 Singer Mariah
28 Land unit
29 Court concern
30 Marine, informally
35 Yale student
36 In the past
37 Fellow
38 Deck of fortunes
40 Rental contract

DOWN

- 42 Slyly sarcastic
43 Chosen few
44 Title page
45 Parts to play
1 Sipping aid
2 Make blank
3 Sri —
4 Cambridge sch.
5 One more
6 Copier need
7 Stunned wonder
8 Vaccine pioneer
9 News-paper bit
12 Farm animal
17 Blood color
20 Canary call
21 Sketched
24 Parking attendant
25 Rey-kjavik's nation
26 Grassy expanse
27 Yule singer
29 Table part
31 Despised
32 Some messages
33 Social class
34 Leg joints
39 Lyric poem
41 "Xanadu" band



Saturday's answer



4-15

AXYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

4-15

CRYPTOQUOTE

HRIEK, ZDO HWJOK SB ZDO

GSWZDT, ZDO USXWJ KSCO SB

ZDO UOHI. — CEZH

THYMCEKKO-VOTZ

Saturday's Cryptoquote: MAY WE NOT JUST GRIEVE, BUT GIVE. MAY WE NOT JUST ACHE, BUT ACT. — AMANDA GORMAN, "HYMN FOR THE HURTING"

Cruise ship Schedule: July 01 - July 30 2024

			ARR	DEPT	BERTH	
THU	04	CELEBRITY BEYOND	08.00	21.00	C	1
TUE	09	ADVENTURE OF THE SEAS	08.00	20.00	B	1
		CARNIVAL HORIZON	09.00	22.00	C	1
WED	10	RHAPSODY OF THE SEAS	09.00	21.00	C	1
TUE	16	CARNIVAL CELEBRATION	08.00	22.00	C	1
		CARNIVAL VISTA	13.00	23.00	I	1
WED	17	CELEBRITY BEYOND	08.00	21.00	C	1
TUE	23	CARNIVAL HORIZON	09.00	22.00	C	1
TUE	30	CELEBRITY BEYOND	08.00	21.00	C	1

Helpful tips for your stay on Aruba

(Oranjestad)—When traveling to another country, especially for the first time, it is always better to be over-prepared than under-prepared. That is why we have a list of basicbut important information that we think may come in handy to Aruba's visitors.

lets used on the island: type A with two flat prongs; type B with two flat and one grounding prong, and on occasion, type F with two round prong and two earth clips on the side. However, Type A is most commonly found in homes and establishments.

Electrical power



Aruba generally operates on 110V to 127V supply voltage and 60Hz. There are also three types of out-

Drinking water



The water that flows through the sinks of every house, hotels and other establishments is distilled and perfectly safe to drink. Aruba's drinking water exceeds WHO's international standards for water quality, so there is no need to buy bottled water from the store.

Supermarket hours



Supermarket hours may vary depending on where you are staying on the island. Generally though, most supermarkets are open from 8am to 9 or 10pm, Monday through Saturday. On Sundays, supermarkets generally close earlier; mostly around 2pm.

Safety



Since February 2024, Aruba has been categorized as the safest country in the Caribbean by The Telegraph, and many tourist that visit have often told us how they feel safe to explore the island or walk around at night. However, rare incidents do occurs, so keep yourself and your belongings safe.

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Crew of NASA's earthbound simulated Mars habitat emerge after a year



In this image made from video provided by NASA, Kelly Haston, a crew member of the first CHAPEA mission, speaks in front of other members, from left to right, Ross Brockwell, Nathan Jones, and Anca Selariu, Saturday, July 6, 2024, at Johnson Space Center in Houston, Texas.

Associated Press

By BRIAN P. D. HANNON
Associated Press

The crew of a NASA mission to Mars emerged from their craft after a yearlong voyage that never left Earth.

The four volunteer crew members spent more than 12 months inside NASA's first simulated Mars environment at Johnson Space Center in Houston, coming out of the artificial alien environment Saturday around 5 p.m.

Kelly Haston, Anca Selariu, Ross Brockwell and Nathan Jones entered the 3D-printed habitat on June 25, 2023, as the maiden crew of the space agency's Crew Health and Performance Exploration Analog project.

Haston, the mission commander, began with a simple, "Hello."

"It's actually just so wonderful to be able to say 'hello' to you all," she said.

Jones, a physician and the mission medical officer, said

their 378 days in confinement "went by quickly."

The quartet lived and worked inside the space of 17,000 square feet (1,579 square meters) to simulate a mission to the red planet, the fourth from the sun and a frequent focus of discussion among scientists and sci-fi fans alike concerning a possible voyage taking humans beyond our moon.

The first CHAPEA crew focused on establishing possible conditions for future Mars operations through simulated spacewalks, dubbed "Marswalks," as well as growing and harvesting vegetables to supplement their provisions and maintaining the habitat and their equipment.

They also worked through challenges a real Mars crew would be expected to experience including limited resources, isolation and delays in communication of up to

22 minutes with their home planet on the other side of

the habitat's walls, NASA said. □

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GOLD SEASON

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2 Bed Garden view \$10,000
3 Bed Ocean view \$28,000

Marriott Aruba Ocean Club PLATINUM SEASON

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1 Bed Ocean front \$21,000
1 Bed Ocean View \$17,000

GOLD SEASON

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1 Bed Ocean View \$11,500

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Frenchman Anthony Turgis wins tough Tour de France stage on gravel roads, Pogacar keeps the lead

TROYES, France (AP) — Frenchman Anthony Turgis emerged victorious from a long breakaway through the dust of gravel roads to claim the ninth stage of the Tour de France after a hectic day of racing, marked by relentless attacks on Sunday. Behind the breakaway, race leader Tadej Pogacar tried to set the race on fire as the fight between the main contenders raged but could not gain time on his main rivals for the yellow jersey. Turgis, who rides for the Total Energies team, posted the biggest win of his career in a sprint, edging Tom Pidcock and Derek Gee in the Champagne city of Troyes. It was the third stage win by a French rider since the race started last week.

"It's incredible, it was a long time since I did not win," said Turgis. "It was a long day, the team put its trust in me by giving me carte blanche today. I dedicate this win to all the people who trusted me." There was no major change in the overall standings, with Pogacar keeping his 33-second lead over Remco Evenepoel. Two-time defending champion Jonas Vingegaard remained in third place, 1:15 off the pace. The tough stage took riders on a nearly 200-kilometre (124-mile) trek through 14 sections of so-called white roads — including six in the stage finale — that have be-



France's Anthony Turgis celebrates as he crosses the finish line to win ahead of Britain's Thomas Pidcock, right, screaming in disappointment, in the ninth stage of the Tour de France cycling race over 199 kilometers (123.7 miles) with start and finish in Troyes, France, Sunday, July 7, 2024.

Associated Press

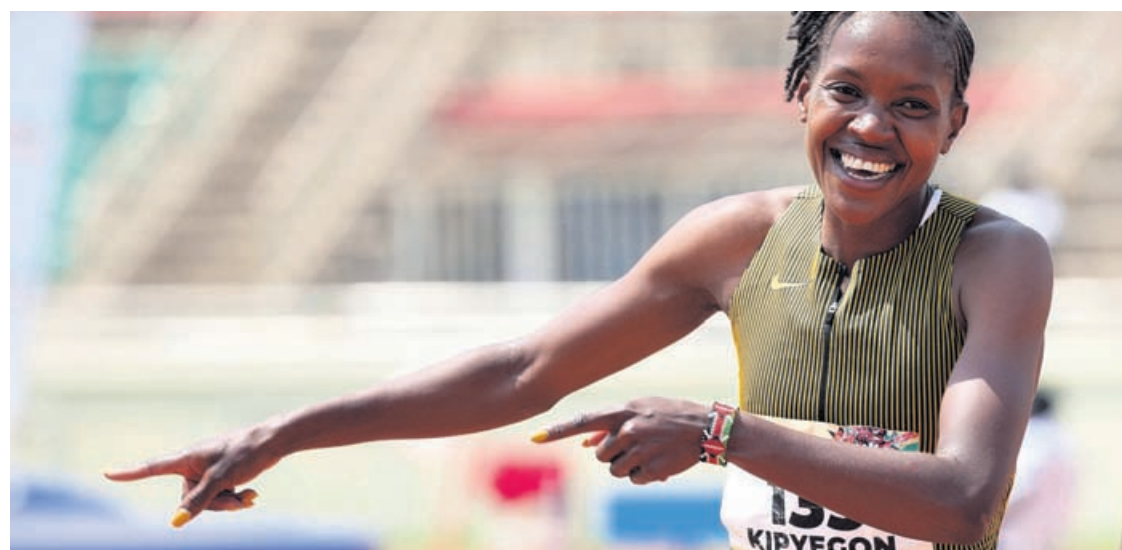
come a trademark of Italy's Strade Bianche. Pogacar loves riding on this difficult terrain, having won the Strade Bianche twice, and proved it with a series of sharp attacks that put his rivals on the back foot. Primož Roglic suffered but managed to bridge gaps every time he got dropped and kept his fourth place overall, 1:36 behind Pogacar. Vingegaard adopted a conservative strategy and did not collaborate with Pogacar and Evenepoel when they had the possibility to break away from other

top contenders. "For sure I will remember," Pogacar said. "But everybody have their own race, I have nothing against it. I like to race with the heart and that was one of those days." Asked whether he thought Vingegaard and his team were afraid of him, Pogacar replied: "I think they are scared of me and they just follow me." Evenepoel was also critical of Vingegaard's strategy. "It's a bit of a shame that Jonas did not take turns with us, because otherwise the race would have been over,

we could have taken three or four minutes," Evenepoel said. The peloton will enjoy its first rest day on Monday. The Tour paid tribute to Norwegian rider Andre Drege, who died Saturday after crashing in a downhill at the Tour of Austria. To honor his memory, cyclists from the Norwegian team Uno-X Mobility arrived at the start line five minutes ahead of the start, with the rest of the peloton staying behind during a moment of applause. There was a flurry of attacks from the start. A group of 10 riders including Turgis man-

aged to escape before the first sector of gravel and were joined by a handful of counterattackers. Behind, a traffic jam of riders formed at the foot of a very steep segment of white roads, with many competitors forced to dismount and to run up the climb. Vingegaard and Pogacar avoided the jam but Roglic got dropped, lagging about 30 seconds behind at one point before he bridged the gap. Vingegaard later suffered a mechanical problem and teammate Jan Tratnik gave his leader his bike. Pogacar then sped up the pace, followed by Evenepoel. The pair could not break away from the pack, though, and Vingegaard's Visma Lease A Bike teammates moved to the front to add to the frenetic pace. The battle between the main contenders intensified when Evenepoel attacked with 78 kilometers left in the Côte de Chacenay. Pogacar and Vingegaard did not panic and managed to chase him down. Roglic, however, could not follow. Still on his teammate's bike, Vingegaard did not take his turn in the lead as the trio joined the main break. With Vingegaard refusing to collaborate, they finally slowed down and Evenepoel looked dejected by his rival's attitude. □

Faith Kipyegon breaks her own world record in 1,500 meters



Faith Kipyegon, of Kenya celebrates as she wins the women's 1500 meters final, during Kenya track and field Paris 2024 Olympics trials, at the Nyayo National Stadium in Nairobi, Kenya Saturday, June 15, 2024.

Associated Press

PARIS (AP) — Faith Kipyegon of Kenya broke her own world record in the women's 1,500 meters at the Diamond League track and field meeting in Paris on Sunday. Kipyegon finished in 3:49.04, surpassing her record of 3:49.11, which was set in Italy last year. "I knew the world record was possible because I recently ran very fast in Kenya," said Kipyegon, who clocked 3:53.98 at Kenya's Olympic Trials. "I was coming here to just run my race and to see what shape I'm in to defend my title at the

Olympics." Nine other runners in the race achieved personal bests. Jessica Hull of Australia finished second in 3:50.83, smashing her own Oceania record by five seconds. Laura Muir was third in a British record of 3:53.79. The 30-year-old Kipyegon is a two-time Olympic gold medalist in the 1,500, having won in Rio de Janeiro in 2016 and Tokyo in 2021. Before Sunday, she had only run twice in 2024, in the 1,500 and 5,000, to secure her spot for the Paris Olympics at the Kenyan trials in June. □

Carlos Alcaraz and Jannik Sinner reach the Wimbledon quarterfinals with moments of magic

By **HOWARD FENDRICH**
AP Tennis Writer

LONDON (AP) — There Carlos Alcaraz was, down on his backside at a baseline below the Royal Box, briefly taking a seat in the grass after doing the splits when he slipped while running to hit a forehand during his fourth-round match Sunday.

So now what? Give up on the point and get ready for the next? Ha. Not this kid. Alcaraz popped to his feet, sprinted to his left to get to a backhand wide of the doubles alley, then raced forward to reach a short shot and, eventually, watched his opponent send a volley long.

That allowed Alcaraz to claim the second set of what would become a 6-3, 6-4, 1-6, 7-5 victory against No. 16 seed Ugo Humbert at Centre Court. The defending champion at the All England Club celebrated the moment by raising his right index finger in a "No. 1" gesture and shouting "Vamos!" as thousands of spectators rose to salute him. The 21-year-old Spaniard is making a habit of turning the impossible into the possible, figuring out ways to win points many other players would concede and, in the bigger picture, breaking new ground time after time. He's been the first teenager to reach No. 1 in the ATP rankings, and last month's French Open championship made him the youngest man to win Grand Slam titles on three surfaces: hard, grass and clay courts.

Asked during his on-court interview how he'd describe the remarkable sequence against Humbert, Alcaraz offered a huge smile and responded: "Unbelievable, I guess. I just try to fight every point, every ball. It doesn't matter what part of the court."

Unbelievable, maybe, but certainly not unprecedented. For him, at least. Later, at his news conference, he recalled having made that same sort of recovery from a fall during his thrill-a-minute marathon against rival Jannik Sinner at the 2022 U.S. Open, a tournament Alcaraz went on to win.

"I think," Alcaraz said, "that I can reach every ball."

There is a possible rematch against the No. 1-ranked Sinner looming in the semifinals. Each just needs to win once more to get there. In Tuesday's quarterfinals, Alcaraz will face No. 12 Tommy Paul, and Sinner goes up against 2021 U.S. Open champion Daniil Medvedev. Sinner earned his first Grand Slam title at the Australian Open in January, and he advanced Sunday with a 6-2, 6-4, 7-6 (9) win against No. 14 Ben Shelton, breaking the big-serving left-hander four times — the same total number of breaks others had managed against the 21-year-old American through 15 sets entering the day.

Like Alcaraz, Sinner is capa-

ble of some improvised racket wizardry, as he displayed in the third set, bringing his racket around his back at the baseline and flicking a between-the-legs shot that he followed up with a passing winner.

"I'm not kind of player to have a lot of trick shots. But in this case, it was still the easiest shot. I didn't have space to go right and left," Sinner said, calling it a "lucky shot." Paul reached his first quarterfinal at Wimbledon by using a 41-14 edge in winners to extend his unbeaten run to nine matches, all on grass, with a 6-2, 7-6 (3), 6-2 victory over Roberto Bautista Agut. Medvedev moved on when Grigor Dimitrov stopped playing because of a leg injury in the first set.



Carlos Alcaraz of Spain falls during his fourth round match against Ugo Humbert of France at the Wimbledon tennis championships in London, Sunday, July 7, 2024.

Associated Press

There was another midmatch retirement in a women's fourth-round match: 2017 U.S. Open runner-up Madison Keys hurt her leg, took a medical timeout and then briefly tried to continue. But

she was wiping away tears as she walked to the net when she decided she needed to quit at 5-all in the third set against Jasmine Paolini, who was a finalist at this year's French Open. □



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Eagle Beach – When you think of a restaurant that pleases the needs of a whole family or a large group of people with all different tastes? Think Water's Edge Restaurant. Located at the shore of Aruba's most wonderful beach, The Eagle Beach Aruba. Water's Edge Restaurant is guaranteed to serve you a fantastic magical night to remember. Whether you prefer to enjoy the view from indoors air conditioned comfort, outdoors in the soft tropical breeze or under a palapa with your toes in the sand. This spectacular restaurant offers the best ocean view sunset or sky full of stars dinner while the crispy Caribbean night wind caresses your face and plays with your hair.

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Culinary Voyage

Start your gastronomic journey with a scrumptious appetizer such as the Maryland Crab Cakes, maybe the Crispy

Calamari or the mouthwatering creamy Garlic Tarragon Shrimp. You can also opt for a classic French Onion Soup, a Lobster Bisque or the famously Water's Edge House Wedge, a crisp wedge of fresh romaine lettuce topped with homemade blue cheese dressing, diced tomatoes, chopped bacon, caramelized pecans and blue cheese crumbles, drizzled with balsamic reduction. This followed by the Chef's special of seafood such as Fresh salmon filet seasoned and grilled, topped with lemon cilantro butter and served with homemade mashed potatoes and fresh asparagus, a nice plate of Ahi Tuna or a succulent pasta dish like the Florentina Fettuccine Alfredo. Meat Lovers will have their fix with choices of a devourable 22oz. Bone-In "Tomahawk" Rib-Eye, pan seared in garlic infused oil and finished in the oven or our juicy N.Y Strip Loin, seasoned & grilled. All our steaks options are seasoned with a blend of kosher salt and freshly cracked black pepper. Served with homemade mashed potatoes, seasoned vegetables and a choice of red wine reduction, green peppercorn demi glace, mushroom sauce, or bacon blue cheese butter. For extra sides the options are delectable. Fresh asparagus, seasonal vegetables, mashed or baked potatoes, fries or rice and beans. Combine your personal choice with one of the most exclusive wine from the great selection of international wines to compliment your dish. Kids will enjoy every item of the specially compiled kids menu and there are also optional dishes for all vegans, vegetarians and gluten-free guests. To end the culinary voyage with some luscious sweetness, the desserts are wild. From a piece of coconut flan, NY cheese cake, carrot cake, chocolate brownie or our classic Tiramisu with kahlua and amaretto served with choco-



late sauce and coffee jelly. Not to mention the fresh and light piece of key lime pie.

Creating memories

If you are planning a birthday dinner, here you will receive a nice bottle of champagne to take home with you to extend your experience even further whether on the beach or your own private balcony.

Live entertainment

Just about every day of the week, there is a different live entertainment by the best local artists for you to enjoy. Whether you're in a romantic mood, or more in a swinging mood, there is absolutely a night especially for you where you can combine great music with delicious cocktails mixed with concoctions. In addition, Water's Edge offers three daily Happy Hours from 12pm-1pm, 4pm-6pm and again from 9pm-10pm with all premium brands specially priced.

Breakfast, Lunch & Dinner

Whether you join us for breakfast, lunch or dinner, Water's Edge Restaurant & Bar offers a relaxed and inspirational dining experience overlooking the beautiful Eagle Beach with spectacular ocean views. Gather with friends and family for drinks and appetizers or a night of pampering and relaxation.

Thank you to all our guests

From the bottom of our hearts, we would like to Thank all of our guests who showed us so much love and support all throughout the year, and hopefully will continue to do so in the years to come. What we are most grateful for is that we could get back to doing what we love, which is looking after our guests. So, thank you for every dinner, lunch, breakfast, every to-go order, every glass of wine, every birthday, anniversary and date-night that you spent with us this last year. To our new guests, Welcome! We hope you to see you back soon! ☐



"Water's Edge Restaurant is where magnificent beach views, amazing food and excellent service come together."

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For more information about the menus, entertainment and hours, please visit the website **watersedge-aruba.com**

